



# Maydhashada Gacmaha

***Waa habka ugu wanaagsan ee lagu joojin karo baahidda cudurada!***



***Gacmahaaga 20 ilbidhiqsi ku biyo iyo saabuun (ama in u dhiganta laba jeer oo la qaado heesta xuska dhalashada)***

***Gacmahaaga maydho***

***Ka-hor:***

***Inta uusan kaltankaagu bilaabmin***

***Inta aanad cuntada farsamayn***

***Inta aanad Gacmo-gashi nadiif ah gashan***

***Gacmahaaga maydho Ka-dib:***

***Marka aad suuliga gashid***

***Marka aad cuntada farsamaysid***

***Marka aad nasatid/sigaar cabbid***

***Marka aad qufacdid, Hindhisootid, cunto cuntid, aad cabbitaan qaadatid***

***Marka aad nadiifsid/ qashin soo daadisiid***

***Waxaad gacmaha maydhataa illaa inta jeer aad u baahatid si aad wasakhda iskaga gooyisid***





# Ka ilaalinta Is-faddaraynta

***Kala sooc si ayna isku faddarayn!  
Cunnooyinka sida saxda ah u rasee!***

## **ILAALI AMMAANKA CUNTOOYINKA!**

- *Si dhaqso ah u qabooji*
- *Abid cuntada ha ku daynin kulka guriga dhexdiisa ah*
- *Dabool oo taariikhda ku qor (7 maalmood kaddib iska xoor)*
- *Ku-hay kul dhan ama ka hooseeya 41°F*
- *Si ku cel-celin leh u hubi*
- *Kala-rase si ayna isku-faddarayn*
- *Cuntada ku-kaydi meel sagxadda ka-saraysa 6"*



### **Heerka 1 (sare)**

***Cunnooyinka cunitaanka diyaar u ah iyo cunnooyinka hore loo soo kariyay***



### **Heerka 2**

***Ukun, Kalluun, Hilib Lo'aad, Hilib Doofaar iyo Hilib Nayl***



### **Heerka 3 Hilib Ridqan**



### **Heerka 4 (Hoose) Hilibka Digaagga**



***Si aad u heshid xog dheeraad ah oo ku-saabsan Golaha Caafimaadka ee Dagaanka Franklin ama Qaybta Ilaalinta Cuntada: Faddlan wac (614)462-3160 ama khadka [www.franklincountyohio.gov/health](http://www.franklincountyohio.gov/health)***